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JANUARY 2023
ISSUE NO 298

New Zealand Walks:

A week walking in the Lakes District

New Zealand Walk:

Tuatapere sausages and mash

New Zealand Walk/Cycle Path:

A quiet transformation on Opotiki's Dune Trail

New Zealand Walk:

Ngamuwahine Track

– a fantastic way to explore and get amongst nature

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Cover photo: A family exploring the great outdoors.

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Walk talk

Milford Sound Guided Walk celebrates 30 years

Ultimate Hikes has officially opened its 2022-23 hiking season, marking its 30th year of operation on the Milford Track.

Ultimate Hikes general manager Noel Saxon notes the new season has turned to an earlier start date – from early-December last year back to mid-November.

'We've had incredible support from Kiwi walkers over the past two seasons whilest the borders have been closed and we're pleased to see they've returned in force this year too,' Saxon says. 'When the borders opened, we were able to open up our bookings to international visitors which gave us the opportunity to offer more hikes – we are now almost back to operating a full season.'

The season runs through to early April 2023. There is limited space still available on the Milford and Routeburn Track guided walks.

Santa in the park

Age has no limits. A group who took a walk in the Egmont National Park recently. And Santa arrived to add good Christmas cheer but sadly he had to walk as Department of Conservation don't allow reindeer in the national park.

Some Iguazu tracks close for repairs

Due to recent flooding, some of the Garganta del Diablo (Devil's Throat) walking tracks on the Argentine side of the Iguazu Falls will be closed for repairs for approximately three months, World Journeys reports. During this period visitors will still be able to view Iguazu Falls from both the lower and upper circuit walking tracks. World Journeys offers a three-day, two-night Iguazu Falls package which can easily be added to a South American itinerary. Priced from $910 per person, it includes four-star accommodation with breakfast, National Park fees in Argentina and Brazil, airport transfers, two half-day private sightseeing tours to both sides of the falls and entrance fees.

Construction set to begin for Wellington to Hutt Valley pathway

New Zealnd Transport Agency recently celebrated signing the construction contract for Te Ara Tupua Alliance – confirming the project team is moving to the delivery stage.

The agreement means construction of the Ngā Ūranga ki Pito-One pathway will begin later this year. The project will create a safe attractive way to walk and cycle between Wellington and the Hutt and will provide much-needed resilience to the coastal edge protecting SH2, the rail line, and key underground infrastructure.

Walk talk

Walk, cycle...and watch the sailing in Europe

A Walkers World / Cycling Europe is offering packages that will be suitable as add-ons for kiwis wishing to attend the America's Cup in Spain.

'Fans may be considering their options round the racing in September- October 2024,' says managing director Jill Grant.

'Catalonia has a comfortable temperature at that time of year to take advantage of the great walking and cycling tours within easy reach of Barcelona.'

Jill says Cycling Europe's week-long Pyrenees to the Cost Brava self-guided bike tour is a 'roll' down from the little villages in the foothills of the Pyrenees, via historic Girona, to the coast of the Costa Brava. It is suitable for almost anyone.

On at the coast, the Camins de Ronda is a famous walking route to coves and white-washed fishing villages.

A Walker's World offers several tours that explore the area - Wandering The Costa Brava, Whitewashed Villages Of The Costa Brava and Captivating Catalonia. Transfers are provided on some days to reduce the walking to keep it to around four hours, five maximum.

'Walkers and cyclists get to enjoy Catalan cuisine in wonderful settings with plenty of fresh seafood, paella, sparkling 'Cava' and full bodied reds,' says Jill.

'With holidays like this based in some small rural hotels it will be essential to book early.' www.cycling-europe.com www.walkersworld.

Above: The Bohemian village of Cadaques is a centre for walking and cycling routes

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Walking New Zealand

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New Atiamuri footbridge for walkers and cyclists on the Waikato River Trail

Cyclists on the southern end of the Waikato River Trail near Atiamuri will have a safer and more scenic ride thanks to a New Zealnd Transport Agency Stream.

The 36.5 metre bridge means people walking and riding the trail will no longer need to use the nearby road bridge on State Highway 30.

The bridge was formally opened on Friday 12 August with a blessing by kuia from mana whenua Raukawa.

"The Waikato River Trails Trust is delighted with the bridge, it looks great running alongside the river," says Glyn Wooller, General Manager of the Trust.

"The bridge and connecting trail will make a huge difference by taking all cycling and pedestrian traffic off the State Highway. This will provide an immediate benefit to the day-to-day trail use as well as the events we have coming up."

It is now part of the 104km Waikato River Trail, which runs from Atiamuri in the south to near Karapiro in the north. The Waikato River Trail is one of New Zealand's 23 Great Rides, which showcase some of the country's finest landscapes.

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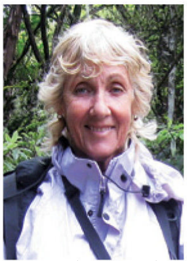
Ngamuwahine Track -

a fantastic way to explore and get amongst nature

Crossing the stream.

Ngamuwahine Track - *a fantastic way to explore and get amongst nature*

On a sunny Saturday in November, 'Shoestrings' tramping group in Tauranga walked one of our favourite walks the Ngamuwahine Loop Track in the Kaimai/Mamaku Forest Park.



By Barbz Lowther

The walk starts at the end of Ngamuwahine Road, off SH 29, 25 kms from Tauranga. There is plenty of parking and a lovely swimming hole in the river to entice you to have a dip at the end.

We set off at 9.30am, passing the lodge, and crossing a little footbridge on the left just before a ford across the river. A sign marks the start of the track.

The trail is undulating, but mostly up-hill, with some quite steep sections. There are lots of tree roots forming natural steps. After about 25 minutes we reached the junction to 'Bobs Loop Track'. This is a more rugged trail than the Ngamuwahine, which continues straight ahead.

We turned left into 'Bobs' to walk a clockwise circuit with the more difficult section first, returning on a more gentle gradient.

After half an hour of lovely leafy trail, under tall trees, with loads of tree roots to negotiate, we reached Ngamuwahine Stream. We stopped there a while, to enjoy the scenery

Above left: Onwards and upwards.
Below left: On the way back down the Ngamuwahine track
Below right; Negotiating a steep section.

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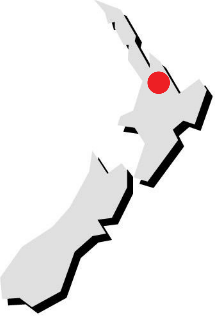
Have a smile!
You don't learn to walk by following rules. You learn by doing and by falling over. ***Richard Branson***

Above left: Negotiating a steep

Above left: Negotiating a steep section. Above right: Another way of climbing the clay bank. Below right: Walking along the leafy trail.

and have a drink.



After crossing the stream, it was a scramble up the bank, then onward and upward for about 45 minutes to reach the junction with the Ngamuwahine Track.

On the way up we passed over another tiny stream with a muddy clay bank to climb, but someone has kindly tied a rope to the tree above to give a bit of extra help.

At the junction we turned left and followed the track to Cookhouse Clearing – the junction with the Leyland O'Brien Tramway.

When mining began in the 1800's it created a huge demand for timber, so the tramway was built in 1872 to meet this need. Kauri was being taken out by 1874. Now there is little to be seen.

We had lunch and sat in the sun, just enjoying the tranquility, so close to the city

It took just over an hour to return down the Ngamuwahine Track. Although easier than Bobs Loop, there were a few steep corners where we each had to pick our own way amongst roots and rocks. We arrived back at the cars at about 2.00pm all agreeing it was an awesome day out.

The track is easy to access, not too long, has interesting history, beautiful bush, and a swimming hole at the end. Put it on your bucket list for this summer.

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Ngamuwahine Track in Kaimai Mamaku Forest Park

If you are looking for a fantastic day walk in the bush with family or friends, the Ngamuwahine Track is a great option.

The track passes through the Kaimai Mamaku Forest Park, crossing the Ngamuwahine Stream and meeting a junction with the Leyland O'Brien Tramline Track. It ends at the Leyland O'Brien Tramline Track, and then returns to the same point.

The Ngamuwahine Track offers a great opportunity to explore and get amongst nature in the forest on the northern slopes of the Kaimai Ranges. When you begin you will climb through steep bush behind the lodge, cross a river and meet an intersection with the DOC track. Once you've reached the intersection, the Ngamuwahine Loop Track guides you directly into the Leyland O'Brien Tramline, which is approximately a one hour thirty minute walk.

The track is quite easy to follow and would be suitable for family outings.

The stream is also known for trout and it's hard to find warm thermal spots. Enjoy a refreshing swim as you try to find a thermal spot to warm up in.

How to get there

The track is accessible from the end of Ngamuwahine Road. The road is a right turn coming out of Tauranga off SH29, roughly 25km south of Tauranga. About 3km long, the road is gravel and has blind corners. For most of the road, it is only about one vehicle wide. This means when meeting with oncoming traffic, one will generally reverse to the nearest available passing spot.

Nearing the end of the road, you will reach a parking area and an open grassed area. Here you will find the Ngamuwahine Lodge and the river. It is from the parking area where you will have to walk up and towards the beginning of the track. It passes through a gate that is locked which you'll have to climb over. From here you will have access to the trail.

Allow one hour thirty minutes one way. It is classed as an advanced tramping track of 3.5km return via the same track.

No dogs are allowed.

Above left: On the way back down the Ngamuwahine Track
Above right:: Morning Tea at the stream.
Below right: Crossing the stream.

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Above:At the 2km mark some years ago.
Insert: the 4km mark 10 years ago.

A quiet transformation on Opotiki's Dunes Trail

BANDED RAIL
RED BILLED GULL
THANKS TO ŌPŌTIKI LIONS CLUB
MOTU
PIED STILT

Above left: Colourful images of birds in the area etched in stone.
Above middle: Present regeneration on the trail.
The shelter at Tirohanga Beach 5.5 km from the start.

A quiet transformation on Opotiki's Dunes Trail

Words and photos by Jim Robinson

Close to 30,000 trees and flaxes have been planted since Opotiki's Dunes Trail was built, and each year more are dug in, saysJim Robinson.

It's a select list. A shortlist of tree species that can handle poor soils, harsh sun, and a regular beating by salt-laden wind: ngaio, taupata, karo, houpara (coastal five finger), coastal mahoe and, in places, ti kouka (cabbage tree). Experience has shown, nothing else is tough enough.

After well over a decade of planting alongside Opotiki's Dunes Trail, those species have proven their worth. They're now well-established and, increasingly, reaching well overhead. Harakeke (New Zealand flax) has also been planted extensively and is thriving. The native pohuehue (Muehlenbeckia complexa) was always present but given a more protected environment, it is spreading relentlessly.

All of which makes the Dunes Trail an excellent demonstration that a coastal eco-system in a poor state can be quietly transformed by community effort.

The Dunes Trail is part of the Motu Trails (www.motutrails.co.nz), which is one of the 23 Great Rides of Nga Haerenga, Great Rides of New Zealand.

The Dunes Trail was created in 2010-2011, routed through the sand hills east of Opotiki, never more than a few hundred metres from the ocean. The 10km mostly gravel trail is the busiest section of the Motu Trails, though aside from holiday periods, 'busy' is relative term — you typically see no more than about a dozen people. The trail is shared-use: often there are more people walking than on wheels.

Since 2015, much of the area the Dunes Trail passes through is cared for under a biodiversity management plan shared by Bay of Plenty Regional Council and Motu Trails Charitable Trust. Each winter, Regional Council provides 1500 trees and flaxes and the trust promotes about three community planting

days. Invasive species like boxthorn, gorse and pampas are also controlled.

At the best of times, the dunes are challenging terrain for plants to gain a foothold, but there are waves of difficulty. Very dry conditions in 2012-2014 and again in 2019-2020 meant many plants struggled in those years, and losses were high. But there have been successful years too, most recently 2022 with no prolonged dry periods and outstanding tree growth.

The community planting days are ideally held in June, to maximize the time in the ground before the following summer's dry. Usually, between 15 and 35 people turn up, not bad for a town of only 4000! Depending on numbers, the planting is usually done in 45-90 minutes; only the occasional planting stretches longer.

Over time, lessons have been learned about what works best. For instance, larger plants have a better survival rate than small ones. Care needs to be taken planting the hollows where the occasional frost hits hardest and it's best not to spray or release young trees from surrounding weeds, because those weeds create a protective shield from nibbling rabbits and wild weather, as well as

Above right Voluteers at Hukuwai Beach in the early planting days. Above: A popular shelter at the 5km mark. Below: Regeneration is looking good at 2022.

A quiet transformation on Opotiki's Dunes Trail

holding in the moisture.

The further the vegetation gets established, the easier it all gets. Especially under some of the ngaio and karo, there are now many seedlings, thanks to roosting birds. Gaps are gradually filling in, or, being targeted by extra planting.

One of the planting success stories is Euphorbia glauca (Waiu-atua, Shore spurge). On a nationwide level, this species is 'at risk/declining' due to introduced grazers, habitat loss and competition from introduced grasses. Planting along the Opotiki coast pre-dates the Dunes Trail, but in the last 10 years numerous seedlings have been dug in.

"This striking euphorbia spreads vegetatively and there are now many extensive patches of it, perhaps some of the most extensive populations of the plant in the country," says Tim Senior of Bay of Plenty Regional Council.

"There has been a huge shift in how people think about the coastal environment. Twenty-five years ago, parts of the dunes were grazed, smothered in weeds, a playground for 4WDs and trail bikes and the coastal eco-system was in a poor state. Now the community comes and helps in this amazing transformation," Tim says.

Walking tips

Dunes Trail walkers most often start out from Memorial Park at the northern end of Opotiki. You immediately cross the Pakowhai ki Otutaopuku bridge over the Otara River. The first 600m of trail is on river stop bank. There's pasture to one side, with an area that has now been planted up with harakeke and ti kouka.

After 600m, the trail reaches the inner-dunes. Suddenly there are whole slopes of muehlenbeckia complexa, and pockets of trees. A series of pottery tile displays feature birds of the area, made by local Cheddar Valley Pottery.

North Island weka returned to the area about 15 years ago and have now colonized past Whakatane. After the initial surge, numbers dropped back, but seem to have stabilized, and in 2022 we've been seeing weka chicks for the first time in a few years.

A bit after the 1km mark, there's the first ocean panorama, a huge sweep from Ohope around to Moutohora (Whale Island) and Whakaari (White Island) and around again to the Raukumara ranges to the east.

Three kilometres in, you're at Hukuwai Beach, where there's parking, plus toilets, picnic tables and a few spaces for motorhome overnighting. Hukuwai is a good rest or turn-around point. Carry on further and you'll walk through some of the most established plantings.

A bit over 5km of walking gets you to Tirohanga Beach, where the trail crosses the sand on wooden sec-

Above: Two cyclists on the Dunes Trail. *Photo by Mandy Hague*
Below left: A view out to the coast from the shelter.
Below right: Volunteers on a planting day last year..

tions of deck. Native grass spinifex sericeus (kowhangatara) was planted in the surrounding sand in mid-2014. There has been a remarkable change since then, the bare beach building up into a broad dune area. That said, a low bluff has been eaten away by the sea. Everything here is dynamic.

Spinifex is important for stabilizing of the sand. It sends out runners that rapidly cover new ground. It also produces large, spiked seed heads that roll along the beach in the wind, get lodged, and release their seeds.

On the eastern end of the trail, in many places muehlenbeckia is the dominant plant. Some of the planting efforts have been largely unsuccessful, but muehlenbeckia is the ultimate survivor. It's also great habitat for coastal copper butterflies, as well as gheckos.

There are shelters at the 5.5km and 9km points of the trail, and regular bench seats and tables. The 9km shelter makes a great spot for a break, before the return effort. Walking back, it's a good option to use the beach, returning to the trail at Hukuwai Beach. If you want to arrange a vehicle pickup, the 9km shelter is 50 metres from SH35, and just 10 minutes' drive from Opotiki.

If you're wanting only a short wander, instead of starting from Memorial Park, drive 5km east of Opotiki on SH35. Just before Tirohanga Beach Holiday Park, go 100m down the gravel road to park and walk westwards from there. The holiday park is an ideal place to stay if you're looking for a relaxed beachside destination, alongside the trail.

Along SH35, there are several other easy access points which allow people to walk or ride various short sections of the trail. To be sent brochures with maps, email jim@mototrails.co.nz or find more information about Motu Trails at www.mototrails.co.nz.

Above: At the 4km point looking east in 2021.

Below left: A rider on the boardwalk section. *Photo by NZ Cycling Journal*

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Ngā Haerenga
GREAT RIDES
OF NEW ZEALAND

Walking trails in Auckland Domain

By Mile Giri

Aucklanders are lucky to have a place, Auckland Domain, to relax in a serene environment, away from hustle and bustle of the megacity, and walk for an hour or two as a part of regular exercise.

The Domain, with all its important landmarks, has beautiful walking trails for everyone to enjoy. The area is 185 acres (75 hectres), which was set up in 1843. Currently, it is operated by the Auckland City Council. It is open to the general public all year round.

Being so close to Auckland CBD, it is accessible to pedestrians, bikers, car drivers, and even bus riders. There are many walking tracks including Lovers' walk, and a lot of sculptures decorate the area.

The origin of the Auckland Domain was also instigated by volcanic activities some 140,000 years ago. The Auckland War Memorial Museum literally sits on the crater rim (Tuff ring) of the volcano. A large crater, with a small scoria cone in its Centre, was just west of the Museum, which, now forms a natural amphitheatre for large outdoor events like the annual 'Carols in the

The Domain is also called Pukekawa in Maori, meaning 'Hill of bitter memories' referring to the tribal battles fought between Hongi Hika, leader of the Ngapuhi from North, and Potatau Te Wherowhero, leading the local Ngati Wharua. A peace treaty was eventually agreed upon by these two tribes in 1828 on this very site. and later the chief, Apihai Te Kawau, made a gift of 3,500 acres of land on the Waitemata Harbour for the new capital of Auckland, including Pukekawa.

The domain land, at that time, was primarily covered by bracken fern, trees, and wetlands. It is so amazing to see how a barren land is turned into such a beautiful and so important landmark: historically, culturally, environmentally, and aesthetically for the people of yesterday, today and tomorrow as well.

On the Domain is the Auckland War Memorial Museum an astounding building, positioned on the hilltop. The museum itself is a treasure house of knowledge of different aspects of New Zealand life human history and heritage collections.

Another acttraction on the domain is the Winter Gardens, opened in

Above: An aerial view showing the Auckland Domain with Museum in the centre area. Rest of phots show groups of folk walking in the Domain. Photos FQG

1913, consisting of two large glasshouses, each exhibiting both temperate and tropical plants. Between the glasshouses is an enclosed courtyard with a fish pond, fountains, and classical marble statues. The place is very romantic; often attracts newlyweds to mark their special day. Behind the Winter gardens, there is an extensive fern garden.

The Sports Centre is located on the northwest side of the field where there are football and rugby fields.

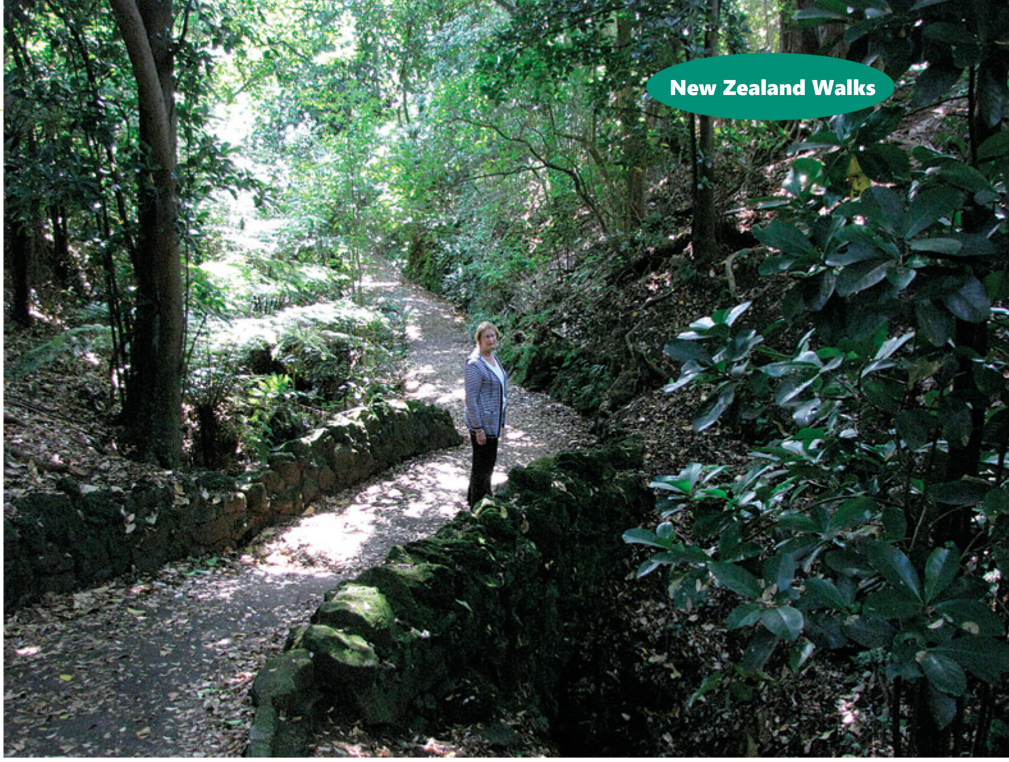
There are several great walking and jogging trails. Among these are the Domain Walk, Centennial Walkway, and the Lovers' Walk from which other smaller walkways branch off. A walker can make a suitable walking plan out of these different trails by combining suitable, connected trails/walks so that it will make a longer, enjoyable walk in such a scenic and serene environment.

This is about 4 km, with an up-and-down walk along the green lawn, and patches of selected trees at places.

This takes about one and a half to two hours, enough to burn extra calories on a daily/weekly basis. However, these trails can be recombined to make 30/40 minutes peaceful walk.

The trails around the duck pond and Kiosk are interesting for families with small children. Lovers' Walk is a 500 m bush track that runs along a trickling stream.

The Glade path links to lower Domain Drive to Lovers' Lane, a tree-line paved trail. The Nikau Walk links the Glade path to the middle of Lovers' Walk.



Above: The water fountain has a calming affect.

Walking trails in Auckland Domain

Auckland Domain is Auckland's oldest park and one of the largest. Developed on 75 hectares around the cone of an extinct volcano. The 'tuff rings' created by volcanic activity can be seen in the land contours and forms a natural amphitheatre.

History

Auckland Domain is the remnant of the ancient volcano Pukekawa. Its crater extends around the outside of the sport fields. The small volcanic hill is Pukekaroa, the site of a pa inhabited and fought over by many different tribes throughout the early history of Tamaki Makaurau.

Governor Robert Fitzroy set aside the 75ha park in 1843, and since then it has gone through many changes.

During the Second World War it was used as a camp ground by American troops, and many exotic plants and birds were introduced by the Acclimatisation Society.

During the 1920s, the Wintergarden added Art Deco style and the Auckland War Memorial Museum became a permanent memorial to our fallen service men and women.

Still present in the domain is a mighty totara tree, which represents the continued peace agreement between the Waikato tribes of Te Wherowhero, Ngati Whatua and Ngapuhi.

The governing framework for the park is the Auckland Domain Act 1987, the Auckland Domain Management Plan 1993 and the Auckland Unitary Plan 2016.

There are three walks in the domain.

Lovers walk

The Lovers Walk is a much-loved bushwalk in the domain..

The paths and native bush trails are well-maintained. You'll be walking around the cone of an extinct volcano, so expect some steps and hills.

Starting on Claybrook Road in Parnell, find the signposted Domain Walk. Follow the gravel track through the established native bush.

At the end of the Domain Walk, turn right onto Lower Domain Drive. Walk past the Māori carving and replica fencing, and look out for the entrance to Lover's Walk on your left.

Lover's Walk is a bushwalk through nikau palms and huge trees. Follow the signs to the Duck Pond and turn right into Domain Drive. Continue past the Duck Ponds to reach the historic entry gates.

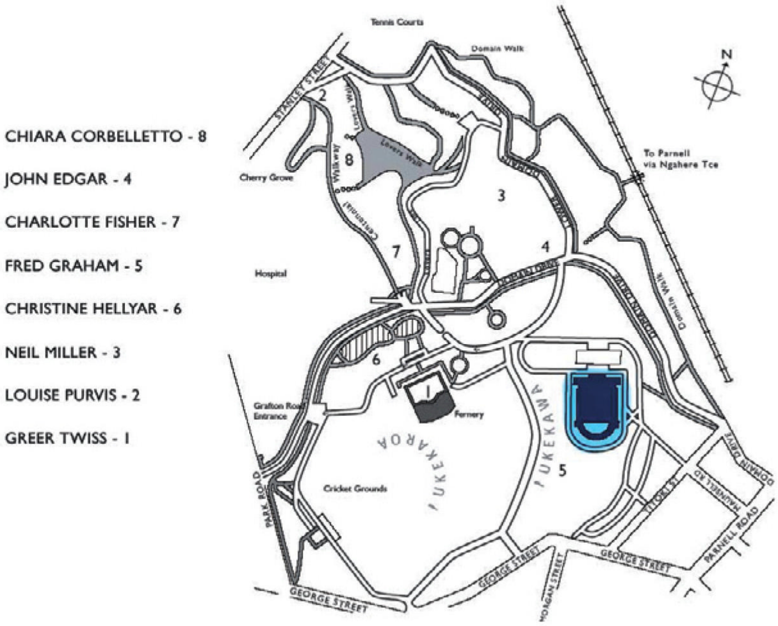
Stroll past the grandstand and around the playing fields, then make your way to the Auckland War Memorial Museum.

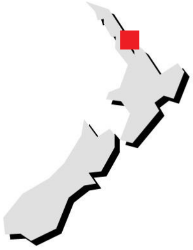
Head to the museum's event centre for expansive views across Auckland city and the Hauraki Gulf.

Centennial Glade Path

The Centennial Glade Path is a peaceful stroll along the northern slopes of Domain, through lush native bush and sculpture gardens.

The scenic loop path is easy to navigate, with paved and gravel


CHIARA CORBELLETTO - 8
JOHN EDGAR - 4
CHARLOTTE FISHER - 7
FRED GRAHAM - 5
CHRISTINE HELLYAR - 6
NEIL MILLER - 3
LOUISE PURVIS - 2
GREER TWISS - 1
Tennis Courts
Domain Walk
Stanley Street
Lovers Walk
Walkway
Cherry Grove
Centennial
Hospital
To Parnell via Nghere Tce
N
Domain Walk
Grafton Road Entrance
Fernery
Pukekawa
Cricket Grounds
Park Road
George Street
Morgan Street
Parnell Rd
Domain Drive



paths on gentle slopes. The Centennial Glade Path makes a great family walk, so bring along the pram.

Start in the lower Domain and follow the Centennial Walkway. As well as grand pōhutukawa trees, you'll see some fantastic outdoor art sculptures including:

Promise Boat (Louise Purvis, 2005)

Numbers are the Language of Nature (Chiara Corbelletto, 2005)

Arc (Charlotte Fisher, 2004)

If you're interested, take the short diversion down Cherry Grove to the Kari Street Commons, where you can discover an oriental garden.

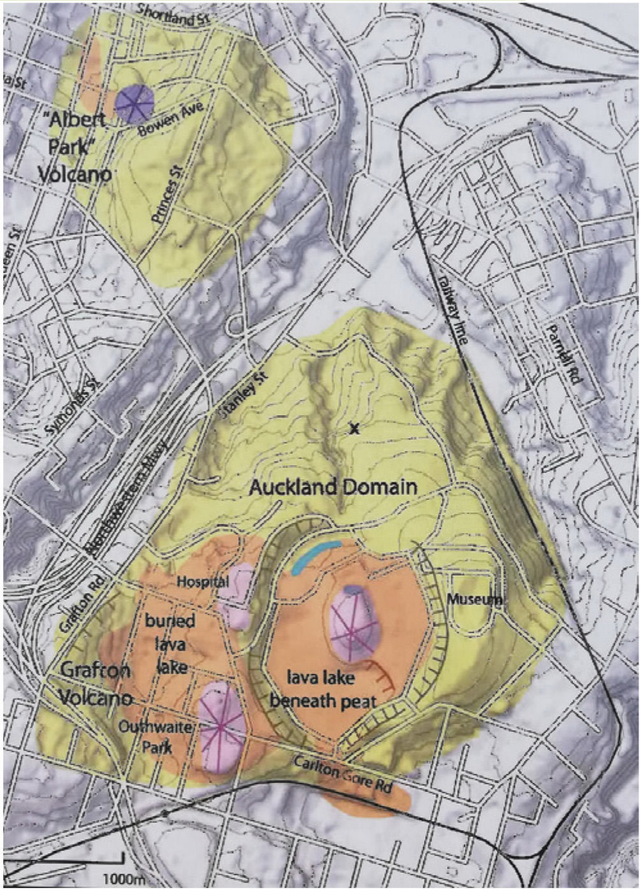
Turn onto Domain Drive for a short distance, then turn left onto Lovers Lane. Meander down Lovers Lane, then turn into Glade Path. Follow the peaceful bush path back to the starting point.

Access to the Auckland Domain

Pedestrian access is 24 hours

There are 10 mobility car parks in the domain. Three outside the Winter Gardens, two at the end of The Crescent, one at the end of Kiosk Road and four in front of the museum.

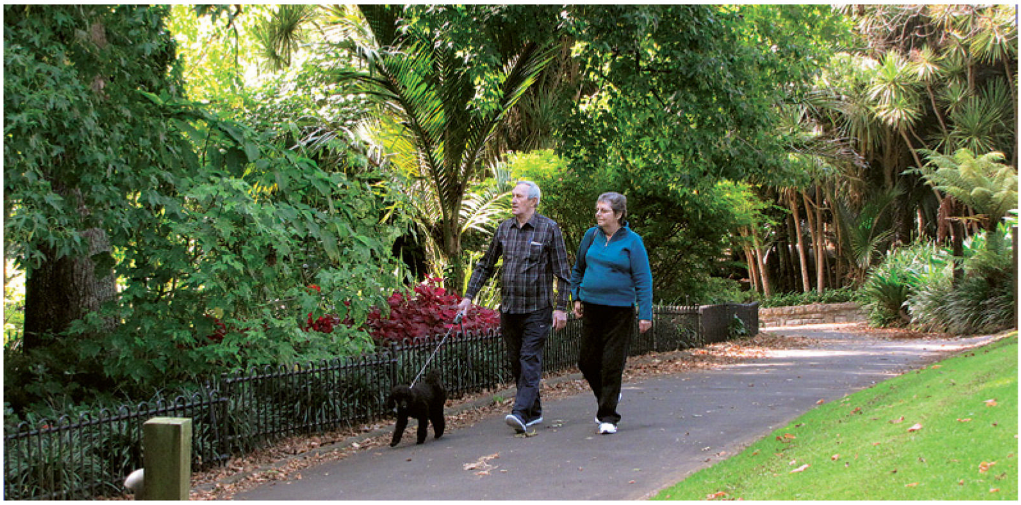
You can access the domain from Domain and Lower Domain drives, Football and Maunsell roads, and George Street.


Shortland St
"Albert Park" Volcano
Bowen Ave
Princes St
Symonds St
Stanley St
Railway line
Parnell Rd
Auckland Domain
Hospital
buried lava lake
Grafton Volcano
Grafton Rd
Outhwaite Park
lava lake beneath peat
Museum
Carlton Gore Rd
1000m

Above right Image show that the Domain was once an old volcano

Below middle right: The Winter Garden glasshouses.

Below right: A couple enjoying walk in a shaded area.



Celia Wade-Brown looks back over a successful 2nd Wairarapa Walking Festival held in November. . .

Whacked out by our wonderful Wairarapa Walking Festival!

By Celia Wade-Brown

The second Wairarapa Festival was a great success and received super feedback, with a few minor tweaks to iron out.

However the organisers are exhausted from our stellar growth from nine walks to 40 this year.

Attendees were mainly local with a few from Nelson, Palmerston North, Porirua and Wellington. Several walks filled up really early; some paid, some free.

The vineyards and olive grove were delighted with purchases during the GoCarterton Food and Wine walk.

Hurunui-o-Rangi Marae provided an excellent host to lead us to some historical sites and landmarks. I feel motivated to advocate for improved road safety on a 100kph road their tūpuna objected to that severs the marae from their urupā.

The dog walk had thirty participants and a lot of four-legged friends! Unfortunately, some people just didn't turn up to the walks they'd booked, especially free ones.

Thanks to Tranzit, Metlink and Greater Wellington Regional Council (and the ratepayers) for subsidised buses for several walks. That made those walks accessible for people without their own transport and reduced our emissions. On a few walks, patrons preferred to drive their cars, so we'll review which walks are best

Above: Walkers on the Hurunui-o-Rangi Marae walk at the site of the Percy Fisher monoplane memorial, the first New Zealand-built aircraft to fly. Below right: Walk leader Carol Hawkins, First Aider Celia W-B and Tail-end Charlie, Pene Will.

suited for bus transport.

The three Wairarapa Councils employ a Community Development Officer and she was a fantastic help, from posters to ideas to road cones. All three Councils provided modest grants so we could print posters and advertise in the newspapers, Facebook and, of course, Walking New Zealand magazine.

Every steering group member had up to ten or twelve walks to liaise with and frankly that's too many. I went on ten walks in ten days which was great for my fitness but a bit tough for family, work and any other commitments.

I loved the coastal walk past Kupe's Sail the most but all were interesting. We will reduce the number of walks a little and increase the steering group numbers.

Next year will be a year of fine-tuning and consolidation. I also want to collaborate with some other events. Booktown Featherston is very successful and perhaps we can imitate the Auckland Urban Walking Festival's self-guided walks with authors.

I've learnt lots from other New Zealand Walking Festivals. The Banks Peninsula people have been particularly helpful and we adopted a motto from Christchurch: ako, hōpara, hono (learn, explore, connect). Perhaps we could find a way of connecting different festival organisers so we can learn from and inspire each other.

Our Health & Safety plans were checked against other ones and we were pleased with our decisions to include a first-aider and a tail-end Charlie on every walk. That was a lot of volunteers to roster and Volunteer Wairarapa were a great help sourcing people and managing the roster.

Wairarapa Search and Rescue made three PLBs available to us for any walk outside of cellphone range and in turn we promoted their $5 hire offer. Trust House funded several First-Aid courses to get people up to speed.

Full evaluation and reports to our funders and partners awaits the analysis of walker surveys and leader feedback. We showcased the huge variety the Wairarapa offers. Certainly there is value in promoting walking as an interesting and worthwhile activity to many people. They might not be free to join our QE2 Park Heritage Walk but maybe it sparks an interest in exploring that park from a new angle.

Participants on the evening Pacifika walk were keen to make it a monthly event. I hope the three tramping clubs that led Festival walks get some new members as a result.

So did we fulfil our motto?

We **learnt** about fossils, Māori history, small farm settlement, native plants, wetlands to clean dairy effluent naturally, the Masterton pissoir, and many other matters. Kua **ako** tatou!

We **explored** coast, hills, natural and constructed landscape, past mistakes, achievements and future hopes. Kua **hōpara** tatou!

We **connected** with other keen walkers and knowledgeable leaders. Kua **hono** tātou!

Celia Wade-Brown QSO founded Living Streets Aotearoa, was Mayor of Wellington (2010 to 2016) and is a Board Member of Herenga-ā-Nuku, the Outdoor Access Commission and of the Te Araroa Trust.

Above right:The wild Wairarapa Coast coastline.
Putangirua Pinnacles Walk led by Tararua Tramping Club, learning about geology with Professor Mike Crozier, assisted by Paddy Gresham.

We are looking for the best digital photos each month depicting walking

Now the time to get your digital camera out or look through your digital images and enter the

Walking New Zealand Digital Photo Contest

The image could be a scenic scene, a walk on the beach with the dog, a bush walk, a street walk or anything walking that takes your fancy.

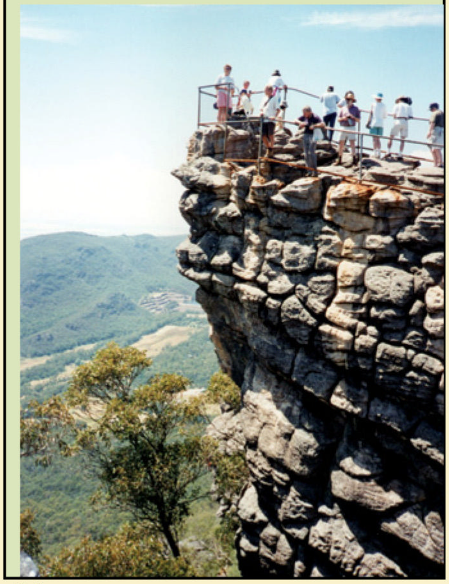
The rules are simply: there must be a person or persons walking in the picture either front, side or back on, and can be in the distance. We require an emailed image in high resolution mode, in jpeg format as an attachment, and **NOT embedded in Word or in the email, and NOT a link to a website to be downloaded.**

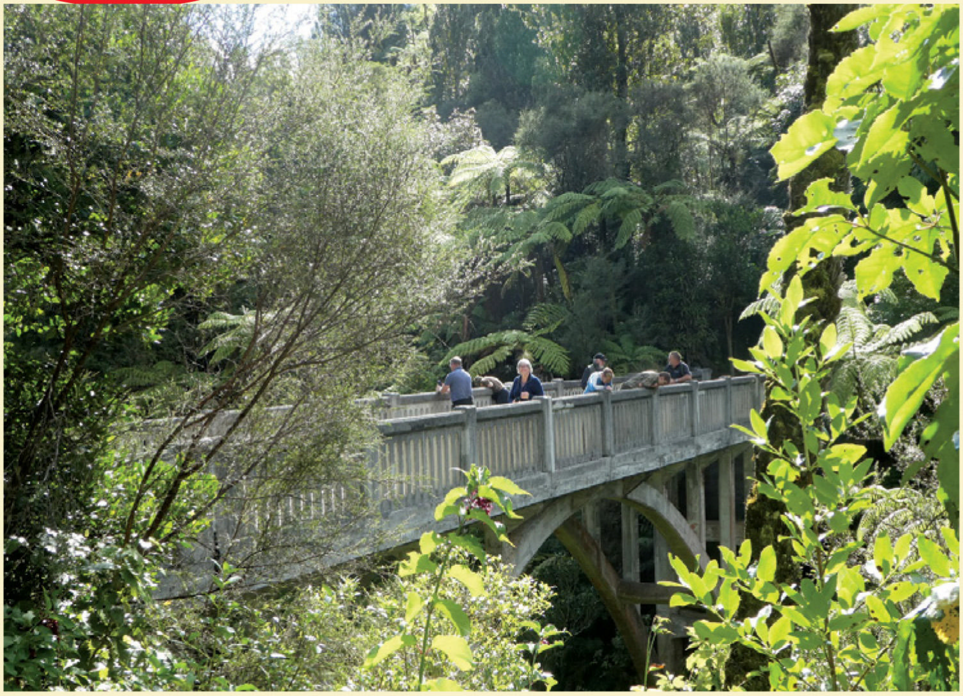
The subject line must have the words "Walking New Zealand Photo Contest" and the email must include the NAME, POSTAL ADDRESS and phone number of the person who took the photo and a small caption.

In this contest **ONLY ONE** emailed photo accepted per month. Entry in the contest automatically allows us to print the image. The person who has their photo published will receive a six month subscription or a renewal to Walking New Zealand magazine of six months. If a picture is chosen for the cover page the person will receive a 12 month subscription or renewal.

Email your entries to: walkingnz@xtra.co.nz with subject line "Walking New Zealand Photo Contest"

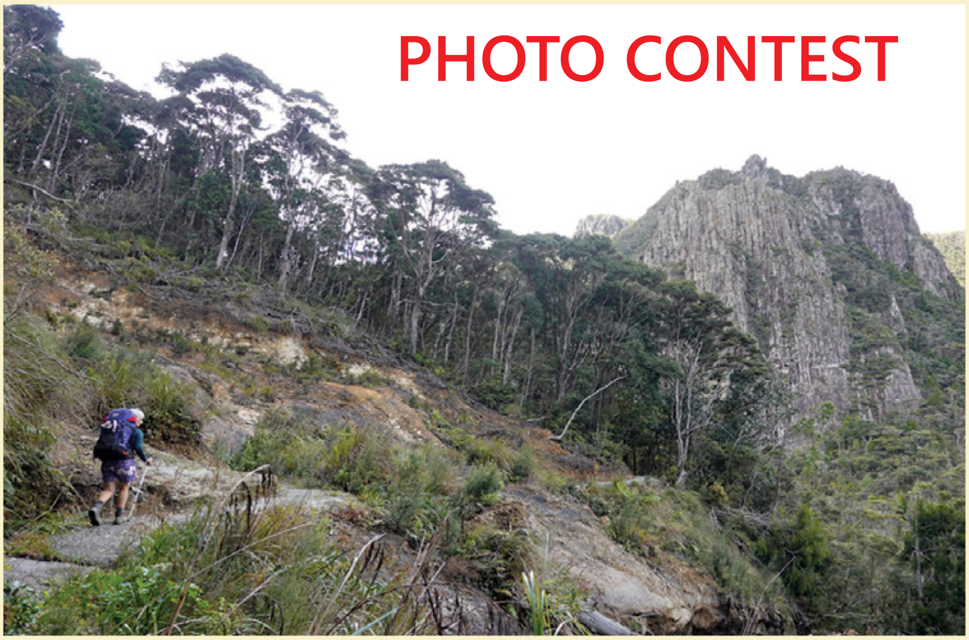
Only EMAILED entries will be accepted.





Above: Members of the Upper Hutt Walking & Tramping Club enjoyed a walk to the 'Bridge to Nowhere' in the Whanganui National Park'. Photo by Sharon Dunstan , Whitby.

Below: Photo taken on Aotea, Great Barrier Island, on October 2022. This was on Day 1 of our walk included traversing this large landslide. While the route across was quite clear it was still slightly daunting. Such majestic landscapes put us little people into perspective. Photo by Ngaire Wallen, Warkworth.



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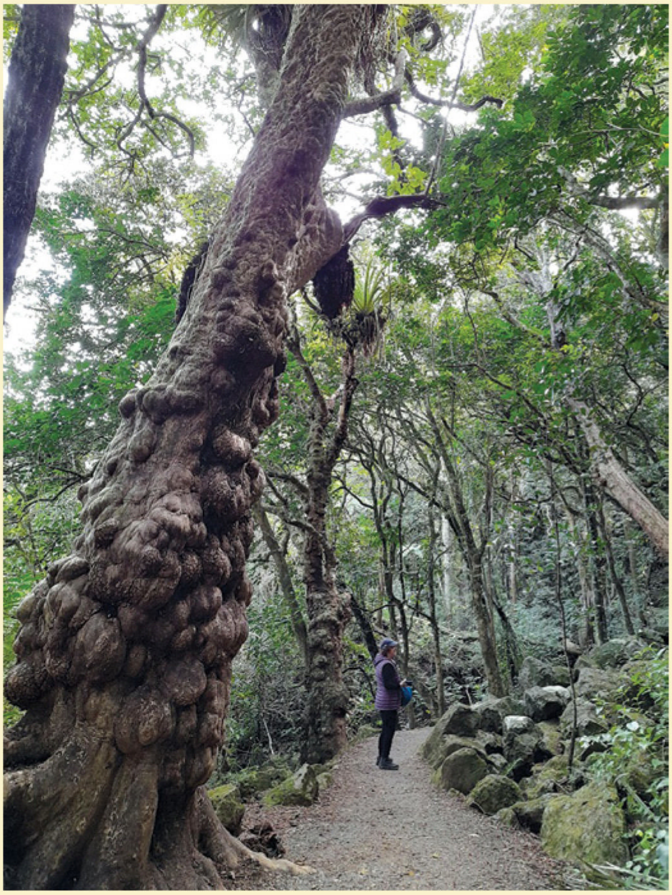
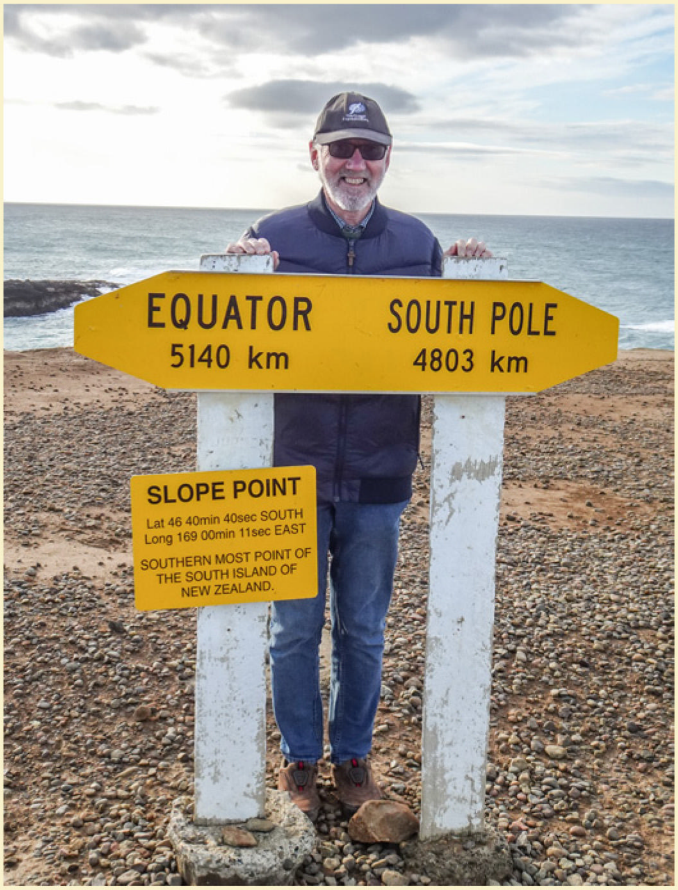
Above: The Pokeno Tramping Group enjoyed a Sunday tramp in October to the Waiuku Forest, a sand dune pine plantation forest, which borders the Tasman Sea and the northern mouth. Photo by Marlene Lynam, Pokeno, North Waikato.

Above right: My two year old granddaughter Fern, in training with her lunch in her backpack. Photo taken on a cold autumn day at MacLaren Falls Park in Tauranga. Photo by Gail Drennan, Papamoa Beach.

Below left: Heather studies the rock formations beside a gnarly old tree, on the Rainbow Falls walk from the Kerikeri Stone Store. Photo by Meryl Findlason, Waiuku. Below right: Noel at Slope Point, the southernmost point in the South Island, after a 20-minute walk across private farmland. Photo by Claire Woodhall, Havelock North.




EQUATOR
5140 km
SOUTH POLE
4803 km
SLOPE POINT
Lat 46 40min 40sec SOUTH
Long 169 00min 11sec EAST
SOUTHERN MOST POINT OF
THE SOUTH ISLAND OF
NEW ZEALAND.

A week walking in the Lakes District

By Phillip Donnell

Henry David Thoreau considered that "A lake is a landscape's most beautiful and expressive feature. It is Earth's eye; looking into which the beholder measures the depth of his own nature." William Wordsworth reckoned that "A lake carries you into recesses of feeling otherwise impenetrable."

There are 3800 lakes in New Zealand, and Dr Susie Wood from the Cawthron Institute says that "from a scientific perspective we know something about less than two percent of those."

Of the ten largest, one is located on the Chatham Islands, namely the Te Whanga Lagoon (178 sq.km). All the others are on the mainland.

Seven are formed by glaciers on the South Island (e.g. Te Anau 344 sq.km, Pukaki 179 sq.km), while the rest trace their origins to volcanic activity creating huge craters (e.g. Taupo 623 sq.km, Rotorua 80 sq.km) or hollows marooned by sandbars (e.g. Ellesmere 180 sq.km).

All of them offer something different in terms of appearance and activities.

The Footsteps Walking Club Southern Lakes excursion (9-16 April, 2023) is based around four

Left:Beautiful Lake Hayes in Autumn.

A week walking in the Lakes District

notable lakes in the west Otago area, visited at a time when autumn colours are at their best.

These four are singled out not only because of their outstanding natural beauty but also the numerous walking opportunities dotting their shores. Even a week is barely sufficient to adequately sample their attractions.

At 291 square kilometres Lake Wakatipu ("the trough of the giant") gets the bronze medal on the size list. It is also one of our most popular lakes, as Queenstown is one of the most visited towns in the country. It occupies a zig-zag-shaped glacial trench 80 km long at an altitude of 310m and a maximum depth of 399m, which puts the lake floor at 89m below sea level.

At its northern head, it is fed by the Rees and Dart Rivers, flowing either side of the Forbes Mountains, while the Greenstone River enters from the west. Its outlet is via the Kawarau River at the eastern end of its central arm.

In contrast to Lake Te Anau, Wakatipu has a more barren appearance because of the lack of forest throughout most of its drainage area. It is bordered on all sides by glaciated mountains, the highest of which is Mount Earnslaw near the head of the lake.

Around the lake, walks abound. Ascending the Queenstown Hill or Ben Lomond will get your heart pumping, but if you want something

Above: Walking through the Bannockburn sluicings, not far from Cromwell.

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more sedate the Frankton Arm Walk, Twelve Mile Bay trails, Moke Lake circuit, Jack's Point walkway or Kingston waterfront are worthwhile options.

From Glenorchy you can climb to Mount Alfred, the historic scheelite shafts and shanties on Mount Judah, the Invincible Gold Mine or Routeburn Flats. The Glenorchy Wetlands, Lake Sylvan and Diamond Lake are less taxing possibilities. At Arrowtown are the Anniversary, Chinese Settlement and Oxenbridge Tunnel trails. The "must do" amble, however, is the loop around Lake Hayes, unforgettably impressive on a sunny, calm day.

Lake Wānaka ("sacred knowledge" or "place of learning") is our fourth largest (192 sq.km), some 45 km long, 6 km across at its widest point, 274m a.s.l., and more than 300m deep. It is walled by mountains, from sharp ridges up to 1800m at its northern end to more rounded hummocks in its deeply-indented southern reaches.

The Makarora flows in from Haast Pass and the Mātukituki from Mount Aspiring. Its outlet is the Clutha River, which exits from a cove at the south-eastern corner, to be joined by the Hāwea River draining Lake Hāwea and the Cardrona River descending from the Crown Range. Several large sheep stations occupy much of the lake's periphery.

Within Wānaka township (known as "Pembroke" until 1940), begin with a jaunt up and over Mount Iron, or an amble along the Lakeside Walk in either direction from the CBD.

Slightly more demanding are the Millennium Track from Glendhu

Above right: The infomation post and start of track to to Ben Lomond.
Below right: Lake Hawea from Isthmus Peak.

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A week walking in the Lakes District

Bay to Wānaka, the Clutha River Trail down to Lumsden and the Mātukituki Valley trail to Aspiring Hut. More arduous still are the Diamond Lake-Rocky Mountain circuit, and the Rob Roy Glacier, frequented by cheeky and inquisitive kea.

For maximum challenge try Roys Peak, the Skyline trail to Cardrona, or the Roaring Meg's wonderful rock formations. If you get the chance, be sure to visit Mou Waho to see a lake (the Arethusa Pool) on an island within a lake on an island.

My favourite however, is the Minaret Burn walk from West Wānaka to Colquhoun's Bay, a pleasant three to four hour (return) ramble with stunning vistas.

Lake Hāwea ("peacemaker") is named after a Māori tribe who preceded the Waitaha people in the area. It has given its name to at least three ships in the NZ Navy. Its 141 sq.km expanse fills the site of an ancient glacier between two lateral ridges, 35 km long, 8 km wide, 345m a.s.l., and 410m deep.

The main feeder is the Hunter River in the north, aided by the Dingle Burn and Timaru Rivers entering from the east. The lake is dammed to the south by an ancient terminal moraine created some 10,000 years ago. In 1958 the lake was artificially raised 20 metres to store more water for increased hydro-electric power generation at the Roxburgh Dam.

The Kidd's Bush and Hāwea River walks will barely work up a sweat, but it is the ridgelines skirting Hāwea that offer unparalleled views for those who climb them. Isthmus Peak, Breast Hill, Grandview Peak, and Sawyer Burn are

Above left: Young Australian water wheel.
Above right: Aspiring Hut at Matukituki.
Below left: Spaceship Rock at Roaring Meg Pack track.

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great value for effort, largely devoid of vegetation but peppered with spectacular rock formations. Beyond the western shoreline, SH 6 crosses over "The Neck" to Makarora.

From here you can access the Young Valley, Blue Valley, Brewster Hut or Mount Shrimpton, all strenuous full-day workouts.

Finally our journey takes us to Lake Dunstan (26 sq.km). It is not a natural lake, but a man-made reservoir created by the construction of the Clyde Dam and filling what is now referred to as the Cromwell Gorge.

The lake took 18 months to fill, beginning in April 1992, but not before huge controversy over associated geological issues. While the dam was being built at least one landslide occurred at Cairnmuir, a series of bluffs overlooking the gorge. All parties involved denied responsibility for not finding the problem.

The Dunstan Cycle Trail, complete with cantilever bridges and a centrepoint floating café, follows this lake from Cromwell to Clyde. Two initial sections from Cromwell to the Bannockburn Bridge, and on to Cornish Point, are positively pleasant perambulations from which to enjoy the teal-coloured waters of the Kawarau and Clutha Rivers.

The Bannockburn Sluicings/Stewart Town loop takes you into the scarred landscape of a short-lived goldmining era. Descend from Duffers Saddle to Quartzville to encounter the restored Young Australian waterwheel and the ruins of Carricktown.

Similarly, a feature of Bendigo Historic Reserve is the range of relics from its hard-rock mining days, including the well-preserved stone houses of Logantown and Welshtown.

Clearly, a week of walking in New Zealand's "Lakes District" contains huge variety within a very compact area. It's a heady mixture, and ideally undertaken with a group of like-minded friends. It could be the highlight of your next summer.

If you would like more information, please contact Footsteps: 021 172 3244, footstepsanz@gmail.com. You can also visit their website: www.footstepswalkingclub.com. They would be delighted to have your participation!

Above: Moke Lake in the Queenstown area

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Tuatapere sausages and mash

By Ruth Reidy

My husband John and I decided to tackle the Humpridge Track last October.

We flew to Dunedin from Auckland to firstly spend time with our Otago uni son. A visit to stock up on our supplies at Kathmandu Dunedin saw us talking to a fellow hiker who willingly warned us of the first days challenge. We didn't take much notice- but how right he was! It is a grueling first day.

Fortunately for us we were well prepared nutritionally and rest wise after a luxurious stay at the Last Light Lodge. We were fed the best three course meal by chef Craig and his partner Vi.

We highly recommend a night here either side of the Humpridge Walk to experience Southlands hospitality.

Day 1

We were collected by the Humpridge Shuttle driver, George, who has lived in the Tuatapere Sausage Capital of NZ for over 60 years. He dropped us at the Rarakau carpark where we commenced our first day to Okaka Hut ,an estimated seven to

Above: A view of the landscape from a high spot. Below left: A swingbridge on the coast.

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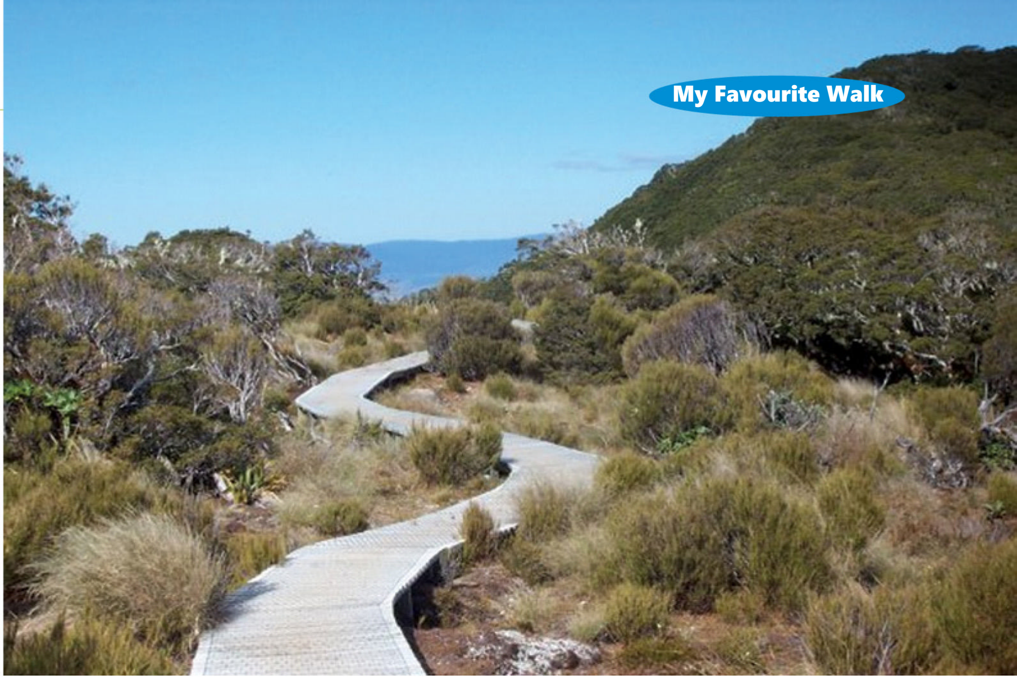


nine hour hike, of 22kms, ascending to an elevation of 1000m.

The weather was perfect- Blue skies, no wind.

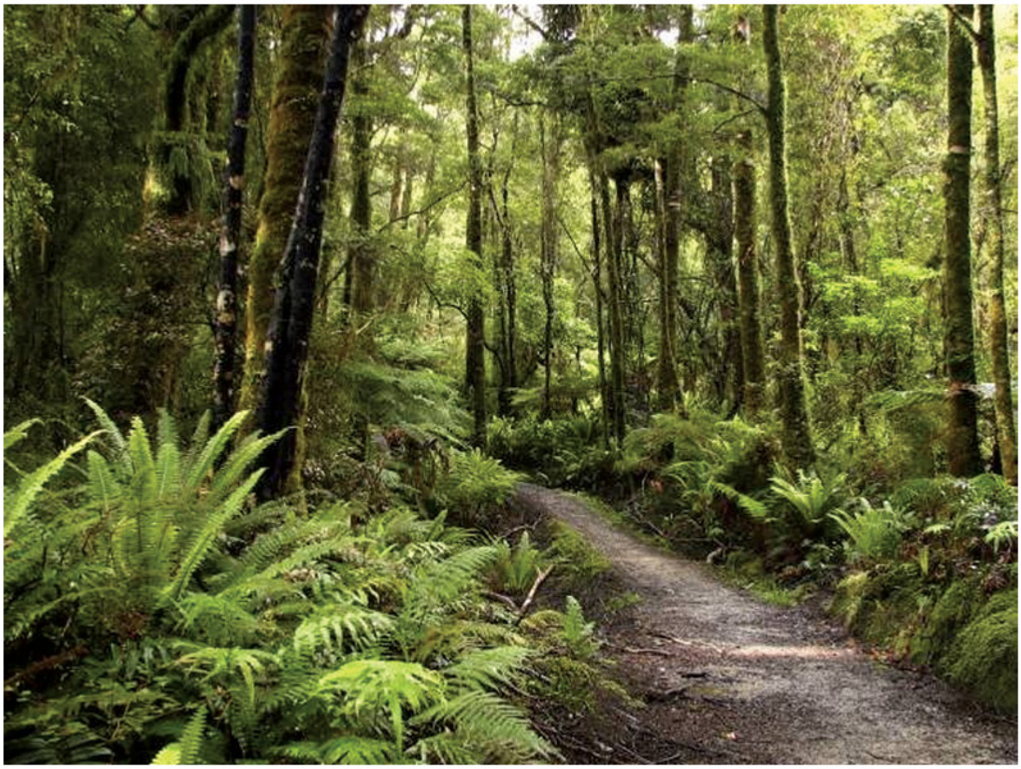
First part is cruisey, sandy beach, grassy track and some well maintained board walks.

Highlight of these first few hours has to be the numerous swing bridges and using the metal bucket attached to the bridge, to collect fresh, cold stream water.

We only saw one other group of three Australians at Flat Creek, who were walking back out that day, their parting words to us were "good luck, you have a climb ahead and you will be using tree roots to get yourself to

Above left: A welcoming sign into Tuatapere. Above right: A winding boardwalk Below right: The track through a bush area.

Below left: John at the viaduct.



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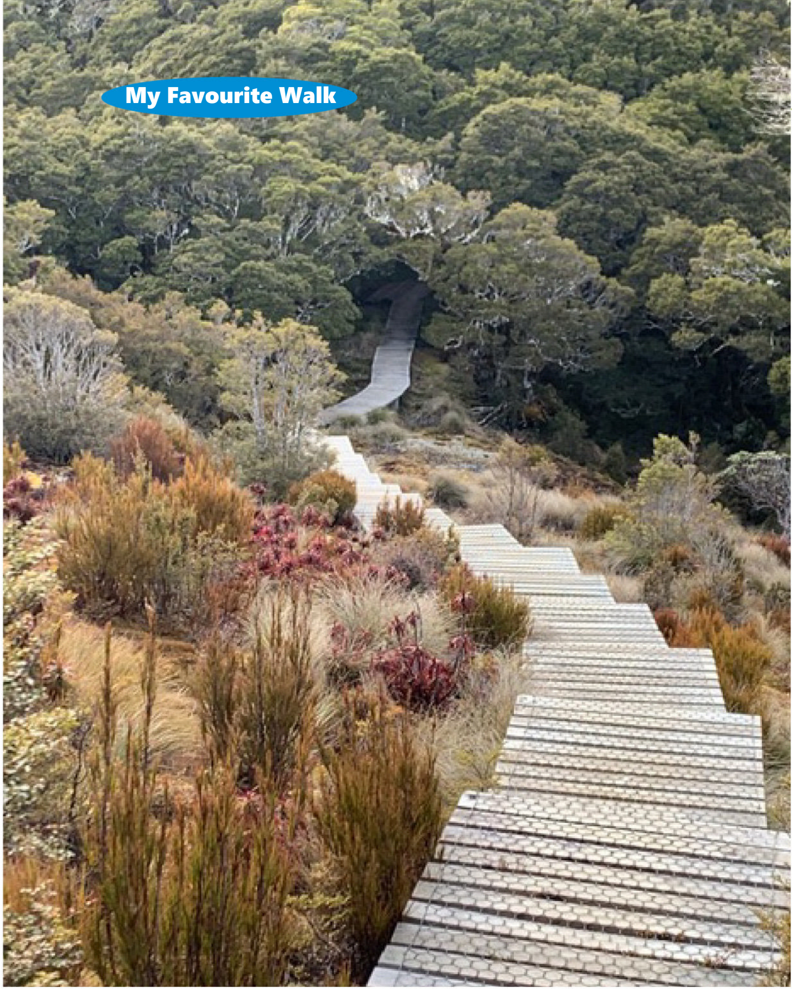
Please put **"My Favourite Walk"** in the subject line and include your name and postal address.



Tuatapere sausages and mash

the top"

At this point there was only one way, and that was up.

We arrived at Stag Point amazing views and a great spot to replenish.

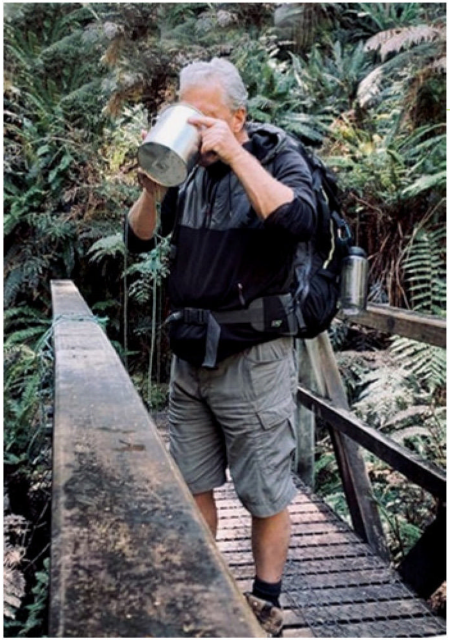
We looked up and realised we were not as close to the top as we thought, the hut could now be seen and according to the map was 2km away. The last 2 kms however takes over an hour of concentrated climbing and careful footwork.

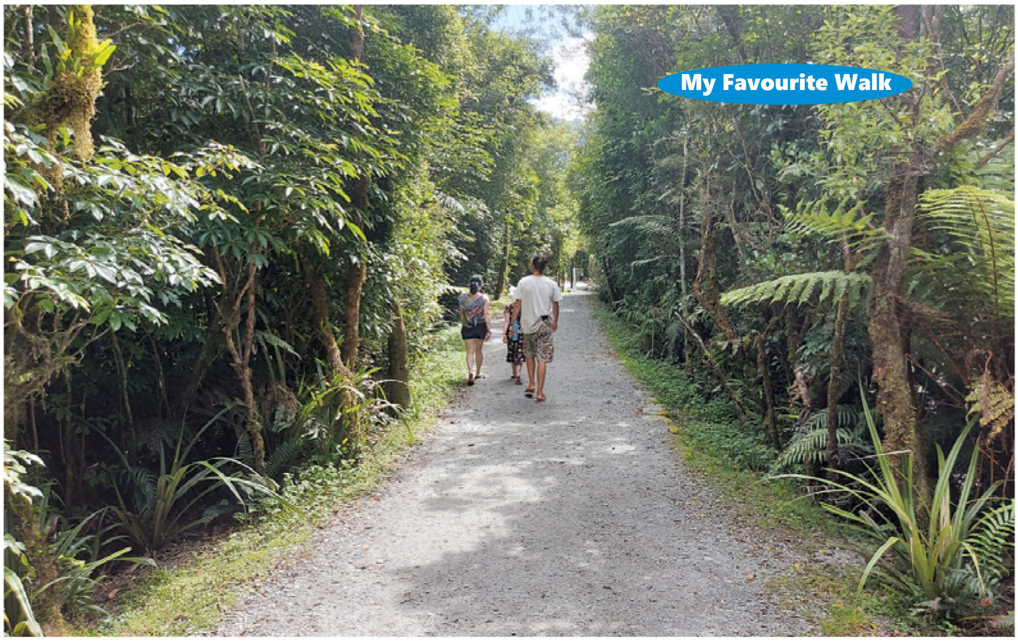
Onward and upward we went. Digging deep. A physical and mental challenge - encouraging each other was a must. A sign advises taking regular breaks but unless you want to perch on a tree root, keeping moving is the best option!.

Drenched with sweat, with fatigued muscles we arrived at the Okaka Lodge and loop walk signpost Hooray. *(TIP- drop your bags at this sign to do the loop and collect as you descend to the hut)*

The panoramic views out to Stewart Island, Southern West Fiordland and the Southern Ocean were absolutely incredible and well worth the pain we had endured to witness

Above left: The boardwalk makes going downhill easier. Above right: Crossing another bridge. Below left: Ruth at the top of the track. Below right: Ruth and John all smiles.





such wondor.

Day one- 36,000 steps, 219 floors (according to the IPhone)

Day one ended with a wonderful welcomed hot shower, fireplace, and prepaid sausages, mashed spud, peas and gravy.

Day 2 Okaka Lodge to Port Craig. Estimated time seven to nine hours, 20kms

We were up to see the stunning sunrise from the hut's deck. We needed an early start as the weather was forecast to change by midday.

The second day is a varied walk with challenges of a different kind to that of day one. It is mainly downhill in the first part and it can be muddy. Lots of board walking which have been strategically placed to help navigate the many tree roots. It is a slow steady descent that cannot be done at pace. The board walks in parts are slippery.

Highlight of this day has to be the viaducts and the railway sleepers. We were also fortunate to see southern kaka feeding in the trees of the magical Goblin Forest.

The viaducts named Percy Burn and Edward Burn were fun to cross, if you don't have a fear of heights that is! The historical information provided was an interesting delve into past history of this region and it was fascinating to imagine trains rumbled through here years ago.

Walking the railway sleepers, I enjoyed as it was our first chance to stride out and use our poles for some much needed speed. *TIP- beware of the nails on the sleepers.*

Port Craig is a fabulous location on the beach and many, but not us, are lucky enough to witness NZ'S hector dolphins.

The lodge was warm and comfy and sausage, spud, peas and gravy was again on the menu.

Above left: John stops for a drink.
Above right: Through a flat bush track.
Below left: Strolling along the beach.
Below right: The scene at sunset.

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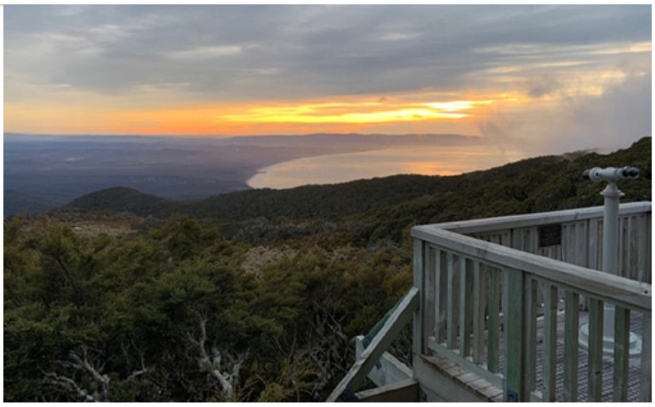

Tuatapere sausages and mash

Day 3 Port Craig to Rarakau car park

20kms, five hours

This was my favourite day- Beach walking, crashing southern waves and the beauty of blowholes beach where we stopped for our break.

It was a rainy day which highlighted the deep green vegetation and encouraged loud birdsong.

We waved to some white baiters and crept past a basking seal.

TIP- save some reserves for the last climb of the track which involved a good 10 minutes of stair climbing at the end of this day and look out for the sign that tells you to move quickly without stopping for 50 metres! Only in NZ would you find such a sign.

George was a welcomed sight as we concluded day three and the Humpridge in its entirety.

In summary this has been our hardest walk in NZ so far but the rewards made every step worthwhile.

There is much work being on this track at present as it prepares to join the classification of New Zealand's Great Walks.

We were pleased we had purchased a Personal Locator Beacon before this walk as it was isolated in parts. A good level of fitness is imperitave.

A love of sausages helps too.

Above left: Stewart Island from the Humpridge.

Above top: Another sunset. Below right: The Percy Burn viaduct.

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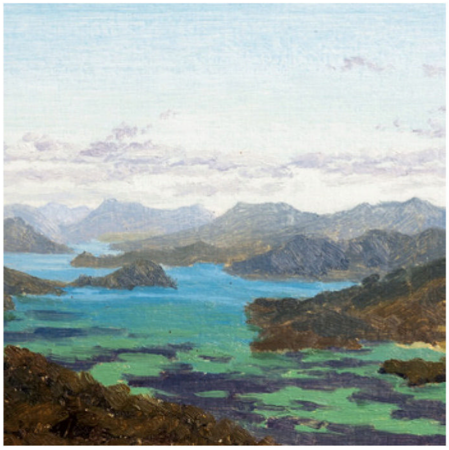
Artist captures landscapes on the **Te Araroa Trail**

For 'Late to the Hut' in DEPOT Artspace's Street Front Gallery, emerging environmental artist Sarah Adam has created a visual account of walking Te Araroa – the 3000 kilometre trail stretching from Cape Reinga in the North to Bluff in the South. Painted in oils 'en plein air' over five months -- the equivalent of one painting a day as she walked the trail -- the series of 140 paintings (150mm long each) resembles postcards and depict the geographic character as it transforms each day from North into South.

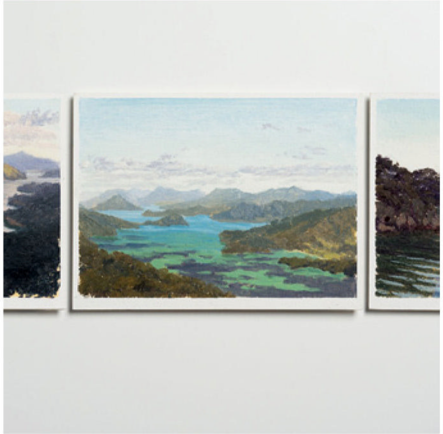
> *Imagine being so immersed in the landscape that you forget the time. Spending hours trying to capture every nuance of the light as it plays across the terrain. You finally notice as it grows dark that you are cold and hungry – but at least you have finished the painting before the light became too thin. You also realise that you still have six or seven kilometres left to walk to the next hut…*



When she was planning the trip, Adam was unsure whether to paint every day, or just focus on the well-known beautiful parts. Then read Gordon Brown's writing on Colin McCahon's Northland panel:

"I was inspired to look for something beautiful in the landscape every day. Be that obvious, in the picturesque Southern Alps and Marlborough Sounds or harder to see, in the expansive plains of the Waikato or urban areas of Auckland," said Adam. There is equal beauty in the ordinary lowlands, seascapes, and forests and the iconic mountains and lakes. A painting of unremarkable trees in a nameless valley in the Manawatu - Wanganui region sits alongside well-known places. Moving through the land, Adam perceived its timelessness and diversity yet was equally struck by how short our human history is and how penetrating our impact has been.

Working from life, 'Late to the Hut' draws our attention to the beautiful moments in the landscape that most of us would miss. Reminding us that we are just 'passing through' and urging us to reflect on the impact we have on our surroundings.

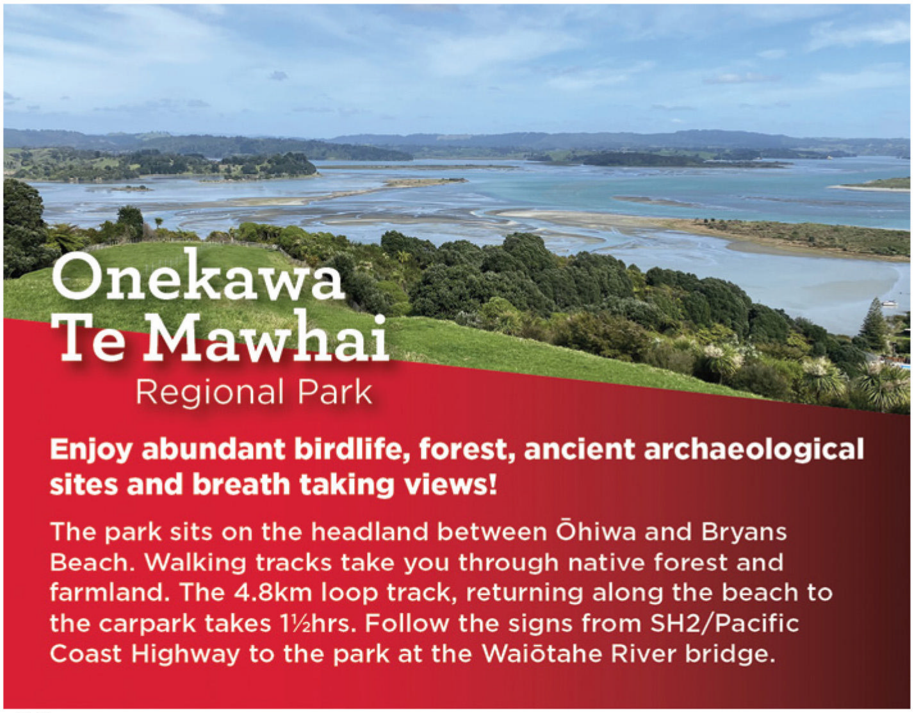


Coincidentally, those walking the Te Araroa trail in 2022/23 will be walking through Devonport while 'Late to the Hut' is on view.

Adam is currently working for the Department of Conservation (DOC) on the Hen and Chicks Islands, in Northland. Whilst living on these remote nature reserves, she is dedicating every free moment to 'plein air' painting.

'Late to the Hut' opens to the public from 10AM Saturday 3rd – Friday 21 December 2022. Gallery hours are Tues – Sat: 10AM – 4PM. A percentage of the sales of her paintings will go to Forest & Bird.

Above: right: Sarah Adam painting on the Te Araroa Trail.
Above right and above: Two of Sarah's paintings on display at the gallery.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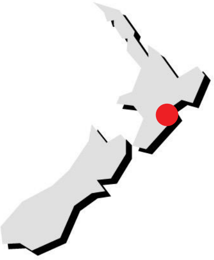
The park sits on the headland between Ōhiwa and Bryans Beach. Walking tracks take you through native forest and farmland. The 4.8km loop track, returning along the beach to the carpark takes 1½hrs. Follow the signs from SH2/Pacific Coast Highway to the park at the Waiōtahe River bridge.

Hawke's Bay Trails celebrates 10th anniversary

HAWKE'S BAY TRAILS
2012 - 10 YEARS - 2022
GREAT RIDES

Hawke's Bay Trails is celebrating its 10th anniversary since it opened as one of 23 iconic 'Great Rides' in New Zealand.

The network of 200 kilometres of mostly off-road scenic trails through the region, passes through vineyards, and beside winding rivers, orchards, mountains and the Pacific coastline.



To mark this significant milestone, last month in Taradale, trail partners, and council staff jumped on their bikes to ride the Puketapu Loop, as it was done to open the trails in 2012.

Regional Council Chair Hinewai Ormsby says it was an enjoyable ride along the stop banks, despite the weathers attempt to dampen the mood.

In a speech Councillor Ormsby acknowledged former Mayor Barbara Arnott's work in the trail's initial development. "We are really grateful to Barbara for her warriorship as she was instrumental in the early days."

The trails are the most popular of all 23 Great Rides in the country, with the majority of the trails being used by locals, followed by visitors to the region, according to research from New Zealand Cycle Trail and the Ministry of Business, Innovation and Employment. People enjoy cycling the trails as well as soaking up the hospitality on offer, stopping at the range of cafes, country pubs and wineries.

Hawke's Bay Regional Council Cycle Network Coordinator Vicki Butterworth says the trails have experienced exceptional growth and development over the years. "We know that the Marine Parade trail has seen a 55% increase in trips since 2014."

Before the trails opened, there were no dedicated cycle tour or bike hire operators in Hawke's Bay. Now, there are 12 bike hire and tour companies employing local people across the region, says Ms Butterworth.

"The trails contribute economically to our region, and they're also leading the way in sustainable tourism.

Where trails have been developed, we've seen wetlands restored, which sequester carbon, and attract wetland and coastal birdlife and enhance the biodiversity of the area.

The trails have sparked collaboration of community groups - and the development of tourist attractions like the magnificent Ātea a Rangi Star Compass in Waitangi Regional Park and the Cape Coast Trail, filled with art sculptures and early heritage stories, all supporting and enriching our communities", she says.

Hawke's Bay Trails is a local collaboration led by Hawke's Bay Regional Council. Working with key stakeholders including Rotary Pathway Trust, Hastings District Council, Napier City Council, Hawke's Bay Tourism, NZ Transport Agency and many other landowners including Department of Conservation, Hawke's Bay Airport, Landcorp Pamu Farm and others, to create Hawke's Bay Trails 'Water', 'Winery' and 'Landscape' rides.

For more information, please visit the HB Trails website.

Above right: Regional Council chair Hinewai Ormsby and former Napier Mayor Barbara Arnott cutting the cake. It was Barbara's vision to create a seaside pathway for Napier – later developed into the Hawke's Bay Trails.

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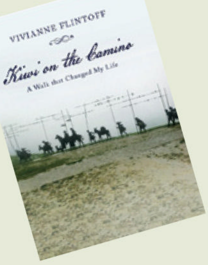
Kiwi on the Camino
by Vivianne Flintoff



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Nature walks in the Waikato

By Athena Rhodes

I love walking in nature. The time when I am feeling the happiest is when I am surrounded by lush green native bush and listening to bird song. Growing up in Waikato, I have had quite a lot of time to explore the different walks in the area.

Below are four of my favourite walks in the Waikato. All of these are quite easy grade and perfect for that weekend nature fix.

The Kauri Loop

Do you like the idea of climbing hundreds of stairs? Well 1500 stairs to be exact. The Kauri Loop Walk will surely scratch that stair-master urge. The walk is located in the Hakarimata Scenic Reserve on the western edge of Ngāruawāhia township.

Above left: A lookout on the Kauri Loop Walk.
Below left: In the Karakariki Scenic Reserve.

The ascent is a lot of stairs. And I mean a lot. Around every bend, you will be confronted with more stairs. And sometimes, this can become a bit of a trudge.

So how exactly did this sometimes painful walk make it to this list. Well, it is because of the views.

Emerging into the upper clearing, you can see why the slog is worth it. Especially so, if you venture for sunrise or sunset simply for the amazing views of the clouds, and how the golden light softly touches the vista below. There are benches up there where you can rest your weary and slightly abused legs for a bit, while enjoying the beautiful views out North and West.

Straight out in front is the Waikato River winding its way around pastures and the town of Huntly. The quintessential steam towers of the power station are able to be seen below. When I was up there, a kahu or Australasian harrier soared past, which was a real treat.

Distance of Walk : 3km loop

Time : One hour to upper lookout.

Location : Hakarimata Scenic Reserve

Have a smile!

Simba was walking too slow, so I told him to Mufasa.

Unknown

The Karakariki Track

If you are after a short and sweet walk, then this will be up your alley.

This walk crosses private farmland - so be aware of this and make sure to stay on the path and don't disturb the farm animals. As you arrive, it does appear a little dodgy. At the end of a long windy road, you reach a private farm, but the walk does start there - so don't let appearances throw you off. Park outside the fence, and make your way in.

This walk is great as you get to cross swing bridges and at the end of the walk you come to a waterfall. How cool is that? The waterfall is quite small in stature, but it is still a lovely waterfall to explore.

Time - 20 minutes one way.

Location - Karakariki Scenic Reserve

Nikau Walk

The Nikau walk is located in the Pirongia Forest Park and as its name suggests, there are many many Nikau trees to marvel at during the walk. The first part of the walk is uncovered and you are walking along farmland, so be sure to give the curious cows a friendly wave.

There is a lovely stream that you follow along and it is very relaxing to simply walk and listen to the sounds of the birds and water. I was over the moon when I spotted a miromiro or tomtit during the early stages of the walk. He or she was fluttering around the trees just before I entered the dense bush. Miromiro can spot insects ten metres away, so perhaps he was having his breakfast when I came upon him.

After the walk in along a gravel path, you are met with dense native bush. Nikau, ponga, Supplejack surround you, alongside the sweet twittering of piwakawaka or New Zealand Fantail. I even saw a black piwakawaka while doing this walk - which was the first time ever I have seen this bird. The walk itself is very flat and easy - so if you feel like a stroll in the native bush with bird song surrounding you, check this one out.

Time Two hours 30 minutes return

Location - Pirongia Forest Park

Yarndleys Bush

Yarndleys Bush is an amazing wild space encompassing 14 hectares of tall kahikatea just outside Te Awamutu. Some of these grand giants inside this forest stand at an impressive 35 metres tall.

The walk itself is nice and easy, with a boardwalk that allows you to wander through this forest of giants. There is a canopy tower, which allows you to view the forest from above. This is a great spot for a morning coffee as you enjoy the interesting perspective and sounds of the bush. The forest is home to many birds, especially tuis, piwakawaka or fantails, and rosellas.

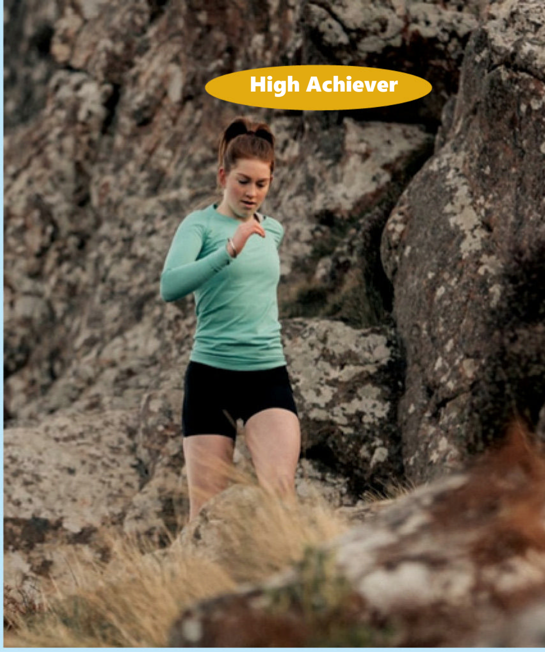
The hardest part of the walk is the hill up after you leave the bush. Just take your time and keep the tranquility you now have in your mind from the forest below.

Time - 30 minutes return.

Location - Te Awamutu

Below left: Tall kahikatea in Yarndleys Bush just outside Te Awamutu.

Harriet cycling the West Coast for *Cycle for Hope*



The race toward pain equity: young Kiwi cycling over 650km along West Coast to fundraise for endometriosis

Harriet was just a teenager when her daily life became dominated by an unexplained chronic pain. That was until she was finally able to identify the root of the problem: endometriosis, a condition affecting 120,000 New Zealand women.

As part of Cycle Journeys' 'Cycle for Hope' initiative, from 2 - 9 December Harriet will run and cycle 650 kilometres along the South Island's West Cost, from Puponga (Farewell Spit) to Ross (Westland District).

Her journey will include running the Heaphy, Old Ghost Road and the Paparoa Track, finishing by riding the West Coast Wilderness Trail. Harriet hopes to raise funds for the organisation which helped her find a diagnosis, Endometriosis NZ, and to increase research and education about the disease.

Cycle Journeys is supporting Harriet through the 'Cycle for Hope' initiative, supplying funds, helping with logistics and supporting Harriet to get the word out.

Although one in 10 New Zealand women suffer from the debilitating condition (and around one in nine women in Australia, based on recent studies) there is a severe lack of research, education and knowledge about the condition, preventing early diagnosis and treatment.

An inflammatory disease, symptoms of Endo can be life altering: severe period pain, pelvic pain, infertility, and depression, just to name a few.

"Thousands of New Zealand women suffer silently, waiting years for diagnosis," Harriet says.

"I am wanting to change this by raising awareness for other young woman so that they might start seeing their symptoms as something other than just a 'painful period', and by donating the money I raise directly to Endometriosis so they can continue the good fight for continued education and research."

Cycle Journey's Marketing Manager Alicja Skop is joining for part of the trip and has first-hand experience with endometriosis. She sees Harriet's Cycle for Hope as a way to put a spotlight on what has been termed the 'pain equity gap' in health care in New Zealand and abroad.

According to a recent New Zealand study, the delay in diagnosis averages almost nine years, and that's reflected around the globe.

Michael Wynn-Williams, an Auckland—based gynaecologist and advanced laparoscopic surgeon, says research into Endo is sparse in New Zealand, and there are multiple barriers to accessing care and support for those affected by the condition.

"I see older women who are Māori and Pasifika who have struggled their entire life and have tried to get access to treatment without success," Wynn-Williams says.

"But we don't know; this is all anecdotal, we need more research and more money spent looking at these communities."

Find out more and donate: https://cyclejourneys.co.nz/harriet-west-coast-run-and-cycle-for-endo/

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Northland farmer's goodwill returns walking access

By Lauren Schaer

Last year, holidaymakers and locals were shocked to learn the Department of Conservation had closed the 2.3-km track linking popular Kai Iwi Lakes with the wild, northern end of Ripiro Beach. Consequently, walkers in the area also lost access to a scenic track over Maunganui Bluff.

Kai Iwi Lakes is an attractive dune lake system, also known as Taharoa Domain, just 35km north of Dargaville. There are several campgrounds along the lakes' shores, often busy with families and other visitors to the Kauri Coast. Ripiro Beach stretches over 100km – longer than the erroneously named Ninety Mile Beach.

Shortly after news of the closure broke in the Northern Advocate, The Outdoor Access Commission, began to receive enquiries from upset groups and individuals who had been previously unaware of DOC's plan.

Eight months earlier, in a November 2020 media release, DOC's Operations Manager for the Kauri Coast had explained, "The track doesn't meet DOC track safety standards due to surface issues which are difficult to resolve in the private section of track". Most of the track was on private land, and DOC were reluctant to invest their limited resources in unsecured land. The story wasn't shared among other media releases on DOC's website and was picked up only by the Kaipara Lifestyler.

John Gardiner, The Outdoors Access Commission regional field advisor for Northland, investigated the situation and began searching for alternative access. There was an unformed legal road in the area however, it became clear that an adjoining landholder would not welcome any development of the road, so John sought other alternatives.

He teamed up with a representative of the Whangarei Tramping Club and spoke with the owners and manager of Kai Iwi Farm. The farm's southern boundary lies next to the closed track and offered an excellent opportunity. The manager knew the old track to be very popular, and although the owners did not wish to secure a formal easement on their property, they were happy to allow access and the development of the track.

The Commission strives for certain, enduring, free and practical access to the outdoors, but as John explains:

"We're nimble enough to take advantage of opportunities when they present themselves. Rather than say there was no point putting money into it because we haven't got any guarantees, we decided it was good enough".

John advised the tramping club to apply for an Enhanced Access Grant from The Outdoors Access Commission, which enabled them to purchase materials for six stiles and signage. Keen members of the club installed them, and the club has also generously agreed to maintain the track in the future. The western tip of the track traverses public conservation land, using the existing DOC track.

The new Kai Iwi Lakes Coastal Track, a stone's throw from the old one, opened in June this year with a ribbon cutting and celebratory group walk. No dogs are allowed on the track and, as with any track, walkers will need to use it respectfully and responsibly to ensure access is retained.

Above right: Kai Iwi Lakes Beacb
Middle left: A walker on his way on the new track.

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NEW ZEALAND

NOVEMBER 2022

4-6 Aorangi 100, Eastbourne to Aorani Range Wairarapa
5 Underground Overground Trail Adventure, Waitomo Caves
5 Tairua Trail & Tides Run & Walk, Tairua
5 Hunua Hillbilly Ultramarathon, Hunua
5 Feilding Festival of Running, Feilding
5-6 Rotorua Walking Festival, Rotorua
6 City to Surf and Surf to Surf, Tauranga
6 Pink Ribbon Walk: Auckland
6 Rotary AllFit Coastal Run, Duder Regional Park
6 The Nelson Half Festival of Running, Nelson
10-20 Waiheke Walking Festival, Waiheke Island
11-12 Taranaki Steelformers Around the Mountain, New Plymouth
12 Cole Murray Cape Kidnappers Trail Run, Hawkes Bay
12 Lochmara Lodge Half Marathon, Queen Charlotte Track
12 Mt Isthmus Traverse, Lake Hawea
12 Remutaka Rail Trail Fun Run and Walk, Upper Hutt
12 The Taniwha on the Waikato River Trails, Whakamaru
12 Walking Stars Night Walk: Auckland
13 Kāpiti Half Marathon, Paraparaumu
13 Mitre 10 MEGA Walk, Hastings
13 Pink Ribbon Walk: Wellington, Wellington
13 Round the Bridges, Hamilton
19 Crush the Cargill, Bethunes Gully, Dunedin
19 New Zealand Sotheby's International Realty Queenstown Marathon, Queenstown
19 Northland Waste Kerikeri Half Marathon, Okaihau to Kerrikeri
19 The Molesworth Run, Moleworth
19 Waitetuna Wind Farm Trail Run, Raglan
19 Walking Stars Night Walk: Wellington
19 XTERRA Trail Challenge Waihi, Karangahake Gorge
19-20 The Coastal Five, New Plymouth
20 Julian's Berry Farm Toi's Challenge, Whakatane
20 Peak Trail Blazer, Havelock North
20 Rotorua Off Road Trail Run/Walk, Whakarewarewa Forest, Rotorua
26 Kaiteriteri Gold, Kaiteriteri
26 Valley Ultra, Castle Hill Village, Canterbury
27 Harcourts Cooper & Co Run the Point, Auckland
27 Heart and Sole Women's Run Series #4, Matua
27 Longbeach Coastal Challenge, Ashburton
27 Wild Auckland: Piha/Anawhata/Karekare, Piha, Auckland
27 The OxMan, Oxford

DECEMBER 2022

3 The Poronui Passage, Taharua
3 Hanmer Holiday Homes Alpine Marathon, Hanmer Springs
4 Omaha Half Marathon, Omaha
10 Speights West Coaster Trail Run & Walk, Bethells Beach, Auckland
11 Whanganui 3 Bridges Marathon, Whanganui
11 Canterbury Half Marathon , Pegasus, Canterbury

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17 Rotorua Suffer, Rotorua

JANUARY 2023

7 Waikato River Trails Summer Sizzler, Mangakino
14 Ian Priest Memorial Hutt River Trail Events , Hutt Valley
14 Aotearoa Ultra Marathon, Little River, Christchurch
14 Good Home Taranaki Off Road Half Marathon, New Plymouth
17 Manawatu Striders Super Seven Series, Palmerston North
21 Glenham Trainwreck Trail, Genham, Southland
21 Pressio Mount Festival Half Marathon, Mt Maunganui
21 The Goat Adventure Run, Tongariro National Park
24 Manawatu Striders Super Seven Series, Palmerston North
24 8th Continent Marathon and Half Marathon, Auckland
28 First Light Marathon, Awapuni, Gisborne
28 Mavora Explorer, Te Anau Basin
29 Vine Run at Pegasus Bay Winery, Waipara Valley, North Canyerbury
31 Manawatu Striders Super Seven Series, Palmerston North

FEBRUARY 2023

3-12 NZ Masters Games, Whanganui
4 Run the Vines Paritua, Hastings
4-6 ong Course Weekend New Zealand, Karapiro, Waikato
5 Clevedon Country Half Marathon, Clevedon
6 Karāpiro Marathon, Karapiro, Waikato
7 Manawatu Striders Super Seven Series, Palmerston North
11 Buller Gorge Marathon, Half Marathon and Team Relay, Westport
1-12 Tarawera Ultramarathon, Rotorua
12 Coatesville Half Marathon , Coastville
13 Manawatu Striders Super Seven Series, Palmerston North
18 Shotover Moonlight Mountain Marathon & Ultra, Ben Lomond Staion, Queenstown
19 Wellington Round the Bays Wellington
21 Manawatu Striders Super Seven Series, Palmerston North
25 XTERRA Wellington Festival, Queen Elizabeth Park, Paekariki
25 Christchurch Motorway Half Marathon, Christchurch
28 Manawatu Striders Super Seven Series, Palmerston North

MARCH 2023

4 Foundation Clinic Mauao Half Marathon, Mt Maunganui
5 Ports of Auckland Round the Bays, Auckland
11 Marlborough Ruck Challenge, Redwood Street Carpark
11 Northpower Wild Kiwi Trail Run & Multisport, Whangarei Heads
11 Radix XTERRA Rotorua Festival, Blue Lake, Rotorua
12 GJ Gardner Maraetai Half Marathon, Beachland, Auckland
18-19 Northburn 100, Northburn Station, Central Otago
18 Pauanui Half Marathon, Pauanui, Coromandel
19 Geraldine Multi Challenge, Geraldine
25 Middle-earth Halfling Marathon, Hobbiton, Matamata

APRIL 2023

1 The DUAL on Rangitoto & Motutapu, Auckland
2 Mizuno Auckland Waterfront Half Marathon, Mission Bay, Auckland
2 Parihaka Trail Run/Walk, Whangarei Falls
2 Pay What You Want Tauranga Half Marathon, Tauranga
15 Mt Oxford Odyssey, Coopers Creek Carpark, Canterbury
16 Christchurch Marathon, Christchurch
16 Waitārere Forest Run, Waitarere Beach

MAY 2023

6 Rotorua Marathon, Rotorua

AUSTRALIA

NOVEMBER 2022

6 The Canberra Times Fun Run, Half Marathon, 10km & 5km, Canberra, ACT
13 Maribyrnong River Run, Maribyrnong
20 Knight Frank Point to Pinnacle, Half Marathon, Hobart, Tas

DECEMBER 2022
4 DDB Trail Run 3,8,16,32,50 Kms, Mt Duval, Armidale, NSW
4 Lara Fun Run, Lara,

JANUARY 2023
7 Portsea Twilight 5km & 9km, Portsea, Vic
15 Two Bays Trail Run, Mornington Peninsula, Vic

FEBRUARY 2023
19 Carmans Fun Run, Brighton, Vic
19 Tower Run, Upper Beaconsfield

MARCH 2023
12 King Islasnd zIMperial 20. King Island, Tas
24-28 Run with the Mountain, Niplaluna, Hobart, Tas

APRIL 2023
4 The Canberra Times Canberra Marathon, Canberra, Act
23 Run Army 2023, Brisbane Qld
29 Run The Rock Hanging Rock

JULY 2023
16 RM Run Melburne, MelbourneVic

REST OF WORLD

NOVEMBER 2022
4-6 IML Walking Festival, Higasimatsuyama, Japan
12-13 IML Walking Festival, Taipei, Tiawan
19-20 IML Walking Festival, Yogyakarta, Indonesia

JUNE 2023
26-July 2 777 Marathon in 7 days in 7 cities

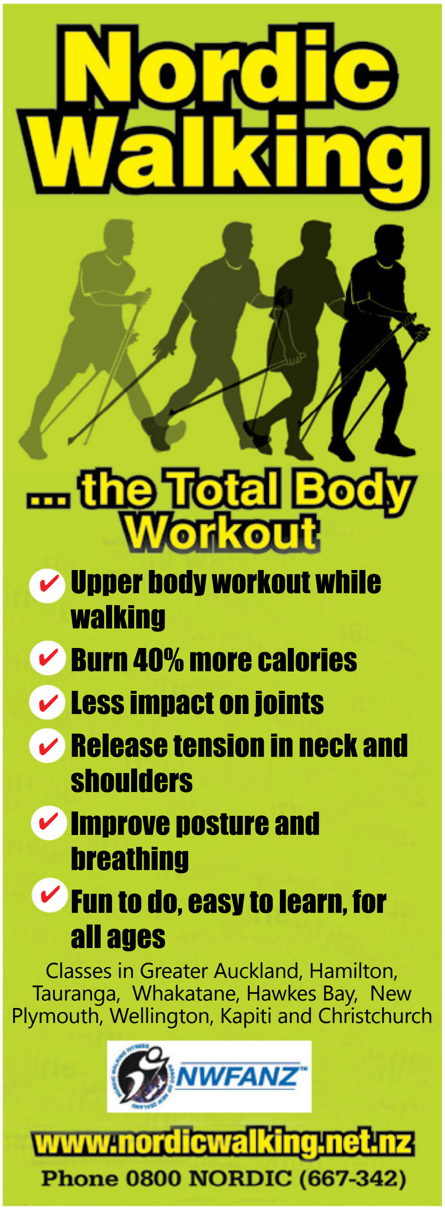
JULY 2023
7-9 3Marathons in 3 Days, Cairns, Qld
18--21 IML Walking Festival, Nijmegen, Netherlands

AUGUST 2023
5-6 IML Walking Festival, Kaunas, Lithuania
1-13 IML Walking Festival,Vaasa, Finland

SEPTEMBER 2023
9-10 IML Walking Festival, Arenzano, Italy
15-17 IML Walking Festival, Seefeld, Austria
23-24 IML Walking Festival, Brno, Czeck, Republic
30 - 1 IML Walking Festival, Fulda, Germany

OCTOBER 2023
5-7 IML Walking Festival, Marbella, Spain
21 IML Walking Festival, Arlington, USA
28-29 IML Walking Festival, Wonju, South Korea

NOVEMBER 2023
3-5 IML Walking Festival, Higasimatsuyama, Japan
11-12 IML Walking Festival, Taipei, Tiawan
19-19 IML Walking Festival, Jogjakarta,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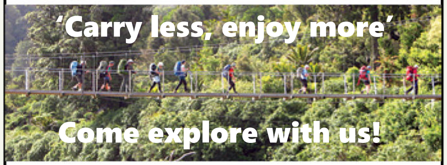

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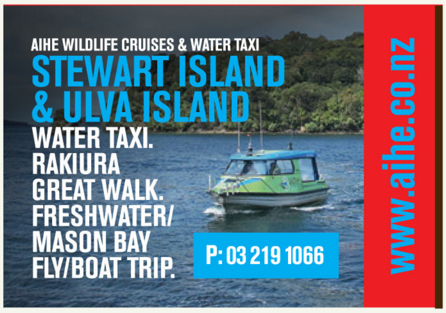

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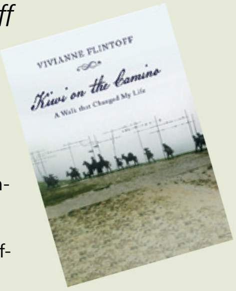

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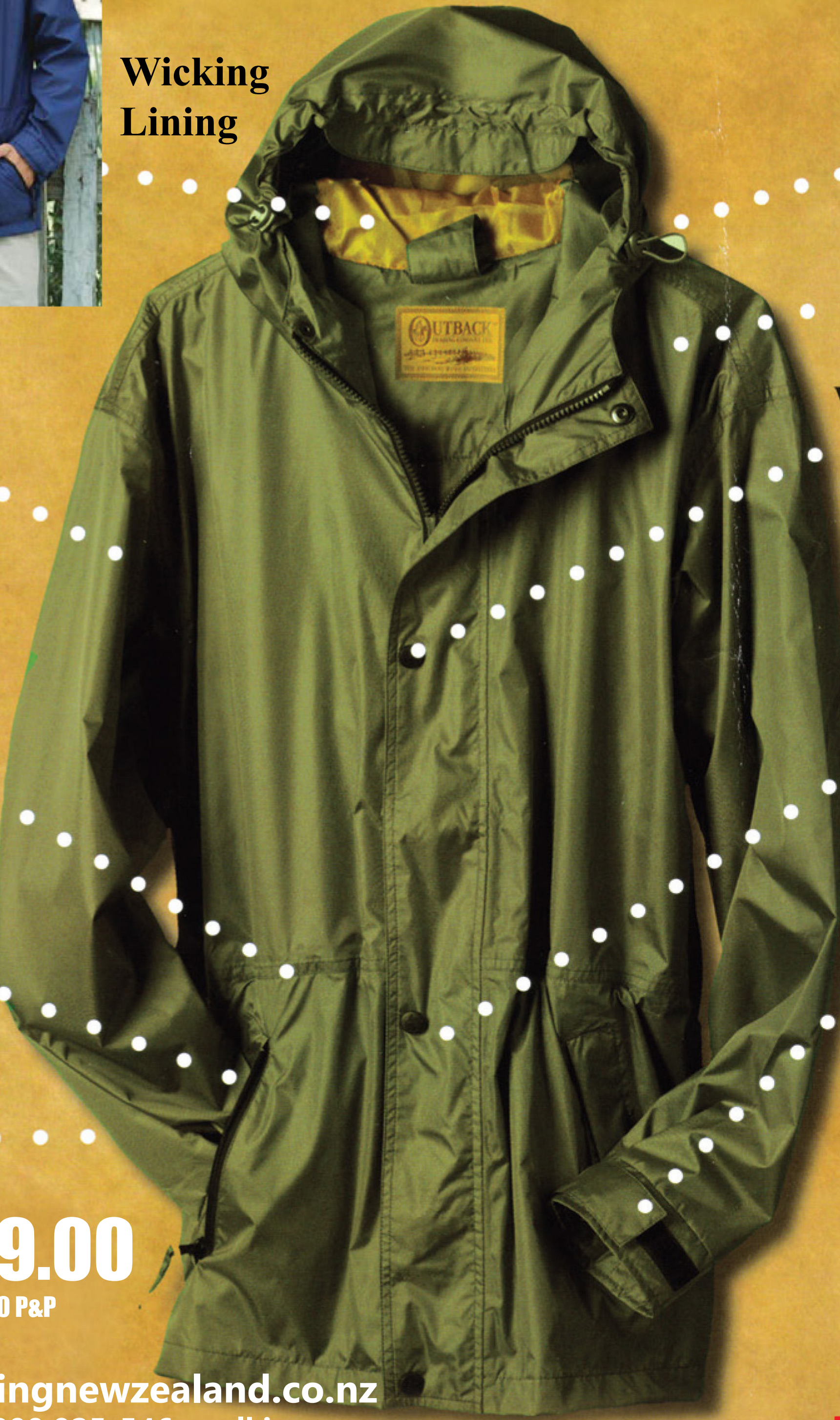

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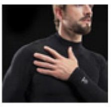

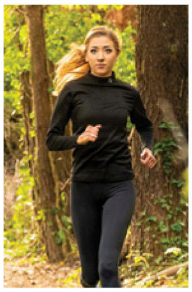

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